

2. Give ORS as soon as diarrhoea starts



1. Mix ORS correctly with safe, cooled water
2. Give ORS after every loose stool
3. Continue feeding nutritious food and breast milk
4. Give plenty to drink
5. Throw away prepared solution after 24 hours and mix a fresh sachet

All Low Osmolarity ORS is good: flavoured or plain, 1 litre sachet or 200ml

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